



***** WEEKLY BULLETIN *****

MONDAY 9 MARCH 2020

MEALS: Breakfast: 7:00-9:00 a.m., Extended Breakfast 9:15-10:30 a.m., Lunch: 11:30 a.m. to 1:00 p.m., Extended Lunch 1:15-3:30 p.m., Supper: 4:30-6:00 p.m.

WELCOME / FAREWELL / IN MEMORY OF:

WELCOME:

FAREWELL: N/A

IN MEMORY OF: N/A

RESIDENT POPULATION: 264

AVERAGE AGE: 84

ADMINISTRATION SERVICES UPDATES & NEWS:

NOTE: Ombudsman: Bill Striegel will be Acting Ombudsman until further notice. If you have any questions or concerns, please stop by Scott 1064 for assistance.

NOTE: The VA Rep will be here on Tuesday (**10 Mar**) at 0930 in Sheridan room 4017.

NOTE: **From the Business Center:** If you have uncashed EE or HH government bonds, you may owe taxes on the interest if the taxes were deferred when the bonds matured. Please make an appointment with the Business Center if you have questions.

RESIDENT SERVICES UPDATES & NEWS:

NOTE: AARP Tax Volunteers will provide "Free" income tax filing assistance on Tuesday (**10 Mar**) in Sheridan-Rm 2017 from 0800-1300.

NOTE: Dining Committee Meeting: will be held on Tuesday (**10 Mar**) at 1030 in the Scott Bldg. - Club Room.

NOTE: The Health, Welfare and Morale Quarterly Room Visits will be conducted on Thursday (**12 Mar**) at 0900 on Sheridan's 5th floor.

NOTE: **Save the Date:** A Focus Group meeting will be held to discuss Estates, Wills and Power of Attorney on Friday (**20 Mar**) at 0900 in the Theater.

NOTE: Smoking: The policy of the AFRH-W is to provide a smoke-free environment for its Residents, employees/contract personnel, guests and visitors. Smoking/E-Smoking is prohibited within 25ft of all AFRH-W owned, leased, or administered buildings.

HEALTHCARE SERVICES UPDATES & NEWS:

NOTE: Coronavirus Disease 2019 (COVID-19). Any Resident suffering from a cough AND a fever should CALL the Wellness Center, 541-7598/7600/7588. Please do not go to the Wellness Center, call them and the health care team will come to your room to treat you. For prevention: cover your mouth and nose, and immediately wash your hands with soap and water for at least 20 seconds, or clean your hands with an alcohol-based hand sanitizer. AVOID touching your eyes, nose, and mouth with unwashed hands. Ask family members and friends not to visit the AFRH if they have had a cough AND a fever or been in contact with people who have a cough AND a fever, OR they have been overseas in the last 30 days.

NOTE: Dental Insurance - Please bring proof of your dental insurance to the Wellness Center front desk and to the Business Office. Resident 2020 dental insurance premiums can be used to lower Residents' AFRH rent and reduces overall AFRH costs because AFRH can bill Residents' insurance. Also, dental insurance (depending on your plan) will also cover your dental care when you are away from home if you have a dental problem.

9 MARCH 2020 – 15 MARCH 2020

MONDAY, 9 MARCH

- 1100 Tai-Chi Class – Scott Theater
- 1300 Angel on my Shoulder – Scott Theater
- 1400 Scrabble - Canteen

TUESDAY, 10 MARCH

- 1100 Smarty Pants – Community Center Lobby
- 1300 Bowling Shootout – Bowling Center
- 1330 Safety on the Internet – Computer Lab
- 1430 Walking Club - Canteen
- 1530 Bible Study – Scott Meditation Room
- 1800 RT Big Buck Bingo – Community Center

WEDNESDAY, 11 MARCH

- 1100 Tai Chi – Scott Theater
- 1300 Bingo – Community Center
- 1330 Glenna's Book Club (presented by Chris Baldwin – Game Room)
- 1400 Checker's Challenge - Canteen
- 1830 Inspirational Movie – (*A Long Way Off*) – Scott Meditation Room

THURSDAY, 12 MARCH

- 0900 Quarterly Room Inspections – Sheridan 5th Floor**
- 1100 Words that Begin with "M" – Community Center Lobby
- 1330 Movie Compare – Scott Theater
- 1430 Walking Club - Canteen
- 1500 Holy Hour – Rose Chapel
- 1800 Movie (*Get Low*)– Scott Theater

FRIDAY, 13 MARCH

- 1100 Tai Chi Class – Scott Theater
- 1330 Movie Compare – Scott Theater
- 1400 Celebrating Women in the Military – Hall of Honors**
- 1800 Movie (*Yanks*) – Scott Theater

SATURDAY, 14 MARCH

- 1300 Bingo – Community Center
- 1600 Luck of the Irish Social – Defender's Inn
- 1800 Saturday Night Movie (*Deadly Blessing*)

SUNDAY, 15 MARCH

- 0900 Protestant Service – Scott Meditation Room
- 0900 Catholic Mass – Rose Chapel
- 1015 Protestant Service – Stanley Chapel
- 1030 Catholic Mass – Scott Meditation Room
- 1800 Sunday Movie (Man of La Mancha) – Scott Theater